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October 30, 1998

Office of Special Nutritionals
HFS-450 Center for Food Safety and Applied Nutrition
U.S. Food and Drug Administration
200 C St.SW
Washington DC 20204

Statement of Nutritional Support- **CHROMIUM POLYNICOTINATE**
Pursuant to 21 CFR Part 101.93, American Specialty Health & Wellness (ASHW) files the following Statement of Nutritional Support for the Dietary Supplement marketed as: **CHROMIUM POLYNICOTINATE**

1) Name and Address of Distributor: ASHW 8989 Rio San Diego Dr.
Ste. 250, San Diego CA 92108

2) Text of Nutritional Support Statement being Made:
"Chromium is an essential mineral important in the body's use of glucose and the synthesis of fat, protein, and cholesterol. It is important for healthy blood triglycerides. Chromium polynicotinate is a readily absorbable form of chromium."

3) Name of dietary ingredient(s): See Attached Product Label

4) Brand Name: **CHROMIUM POLYNICOTINATE**

5) Substantiation information on file at the company office. The corporate officer who can certify same is Dr. Doug Metz, Vice President.

Yours truly,

A handwritten signature in cursive script, appearing to read "Doug Metz".

Dr. Doug Metz
Vice President

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Chromium Polynicotinate

Description:

Chromium is an essential mineral important in the body's use of glucose and the synthesis of fat, protein and cholesterol. It is important for healthy glucose metabolism, cholesterol and blood triglycerides. Chromium polynicotinate is a readily absorbable form of chromium.

These statements have not been evaluated by the Food and Drug Administration (FDA). This product is not intended to diagnose, treat, cure or prevent any disease.

Directions For Use: Take 1 capsule per day.

Storage: Keep tightly closed in a cool, dry place.

Caution/Warning: As with any supplement, herb or medication, do not use it while pregnant or lactating, or provide it to a child without consulting a physician. Large doses of chromium can inhibit insulin activity and cause toxicity to the liver and kidneys. Diabetics should only supplement with chromium under the guidance of their physician.

Note: This product is regulated by the FDA as a dietary supplement. If you have any questions about how you feel while taking this supplement, contact your physician. If you are taking any medication, have any disease or illness, consult your physician before taking this product. Do not stop or change prescribed medication without the permission or prescription of your physician.

DISTRIBUTED BY AMERICAN SPECIALTY HEALTH & WELLNESS™
PO BOX 509040, SAN DIEGO, CA 92150-9040

CHROMIUM POLYNICOTINATE DIETARY SUPPLEMENT

120 CAPSULES

Premium Products for Your Health & Wellness™

Supplement Facts

Serving Size: 1 Capsule – Servings Per Container: 120

	Amount Per Serving:	% Daily Value
Chromium (as chromium polynicotinate)	200mcg	167%

Other Ingredients: Gelatin, cellulose, calcium phosphate hydrous, stearic acid, magnesium stearate and silicon dioxide.

Chromium Polynicotinate is free of wheat, corn, soy, dairy, sucrose, starch, salt and yeast.